

# WELCOME TO THE CAVAN COUNTY WALKS GUIDE

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County Cavan is a walker's paradise, with a wide variety of walks for all. Walkers will enjoy country lanes, winding forest tracks, breathtaking mountain paths and tranquil lake shores. The walks in this guide are suitable for people who are reasonably fit and should be within the capabilities of most. All walks have been graded according to the level of difficulty and an explanation of this is given below:

**Easy:** Generally flat trails with some gentle slopes. They can be described as 'muscle looseners' and can be walked in runners or other similar light footwear.

**Moderate:** These trails can be described as 'muscle stretchers'. The going underfoot can be poor or rough with some obstacles such as protruding roots or loose stones. Boots or strong walking shoes are generally required.

**Strenuous:** These are physically demanding trails and can be described as 'muscle builders'. They may have moderately steep climbs for long sections. The going underfoot can be extremely rough and can include many obstacles.

All walks are way marked with information and map boards. Information on visiting County Cavan is available on [www.thisiscavan.ie](http://www.thisiscavan.ie) or by emailing [fun@thisiscavan.ie](mailto:fun@thisiscavan.ie)



@thisiscavan.

Don't forget to share your pictures with us on social media using #thisiscavan and to tag @thisiscavan



# THE COUNTRYSIDE CODE



When walking in the countryside, always remember that you may be walking through someone's workplace. Careless behaviour, such as leaving farm gates open, can cause great problems for farmers. Litter can cause serious damage to livestock and wildlife. A little thought and common sense can ensure a good relationship between the farmer, the local community and the visitor. Respect the countryside by following the Countryside Code and show that you respect and care for the beautiful countryside of County Cavan.

- Park sensibly and don't block exits
- Keep all dogs under control
- Don't damage walls or fences
- Be careful with fire
- Dress sensibly
- **Please** take your entire litter home



Please remember that those walking the trails in this booklet do so entirely at their own risk.

# LEGEND INFORMATION

-  Trail Head (Start)
-  Trail Head (Finish)
-  National Looped Walk
-  UNESCO Global Geopark
-  Wheelchair/Multi Access
-  Toilets
-  Parking
-  Picnic Tables
-  Fishing

-  Cycle Trail
-  Scenic views
-  Playground
-  Heritage
-  Primary/Public Road

# WALKING IN THE UNESCO MARBLE ARCH CAVES GLOBAL GEOPARK

The UNESCO Marble Arch Caves Global Geopark stretches from the rolling lowlands of Lough Oughter in County Cavan to the rugged uplands on the northern shores of the Lower Lough Erne in County Fermanagh, overlooked by the majestic Cuilcagh Mountain.

The Geopark received UNESCO status in 2008 in recognition of the wonderful landscapes throughout this region. Geoparks are renowned for having a variety of other interesting features such as superb archaeology, interesting history, fascinating plants, wildlife and charming folklore.



Marble Arch Caves  
Global Geopark



There are numerous Geopark walks in this guide. These can be identified by the symbol shown below.

Geopark symbol



For more information on Geoparks visit  
[www.marblearchcavesgeopark.com](http://www.marblearchcavesgeopark.com)

# LIST OF WALKS

1. The Cavan Way
2. Cavan Burren Park
3. Castle Lake & Forest Walk, Bailieborough
4. Killykeen Forest Park
5. Dun an Rí Forest Park, Kingscourt
6. Deerpark Forest, Virginia
7. Killeshandra Lake & Forest Walk
8. Woodford River Walk, Ballyconnell
9. Sean Eamon Ruairí Trail, Glangevlin
10. Lough an Leagh, Kingscourt
11. Hawkswood Trail, Swanlinbar
12. Mullagh Hill Walk
13. Flemings Folly, Ballinagh
14. Blacklion Village Trail
15. Gowlan Loops
16. Turbet Island, Belturbet
17. Belturbet Heritage Trail
18. Castle Saunderson
19. Cavan Heritage Trail
20. Cootehill Heritage Trail



# THE CAVAN WAY

A national waymarked trail

**Distance** 26km

**Terrain** Varies between public road, forest track, open ground and established trails



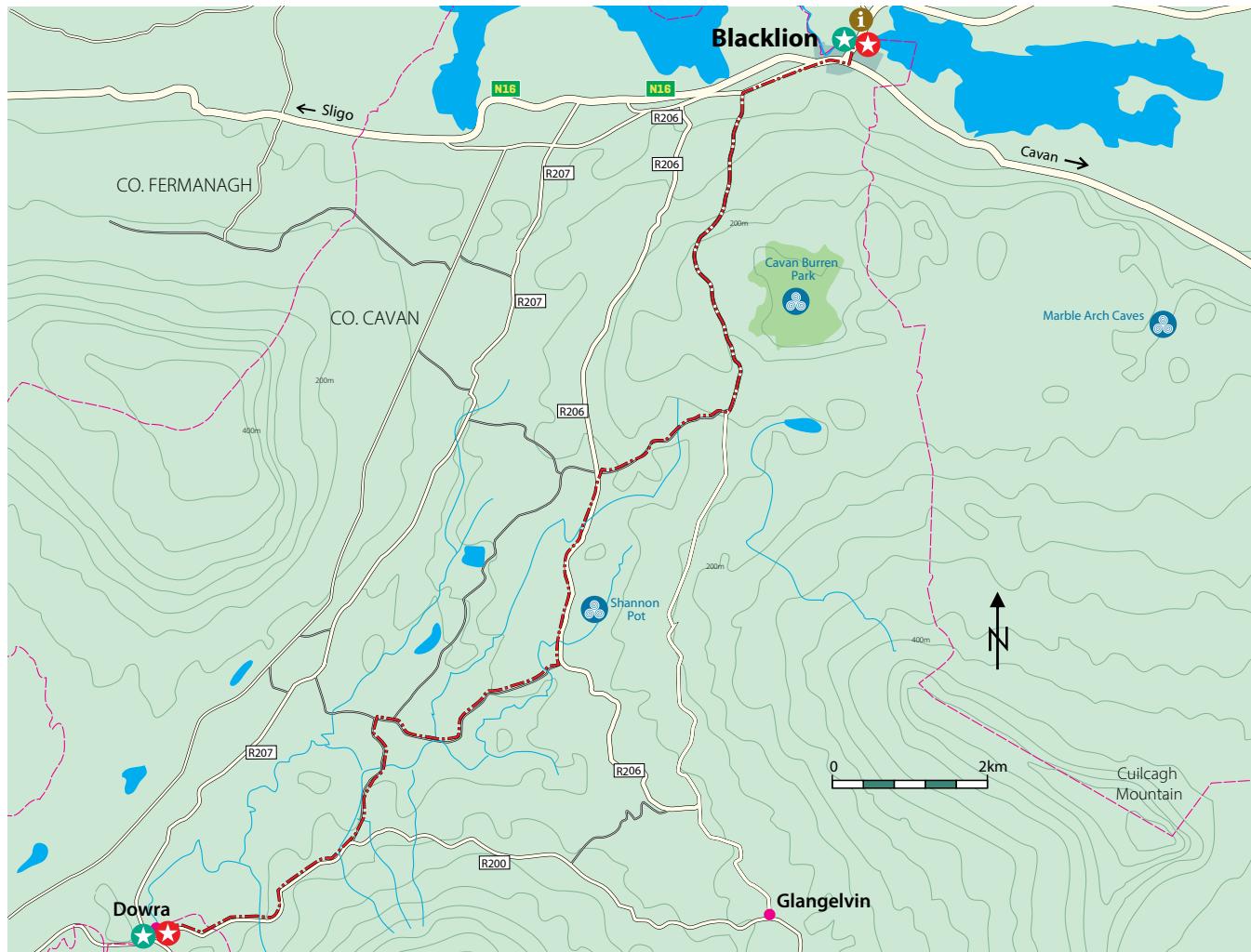
**Start & finish:** Located in the heart of the Marble Arch Caves Global Geopark in West Cavan, the linear Cavan Way is a beautiful hill and valley walk between Dowra, a small village near the source of the River Shannon and Blacklion. The first section of the Cavan Way follows the course of the young Shannon River to its source at the mystical Shannon Pot. The walk travels along quiet country roads, valley landscapes and riverside paths. The Cavan Way traverses through the megalithic landscapes of Cavan Burren Park **02** affording breathtaking views of Lough MacNeann and Cuilcagh Mountain before descending into the village of Blacklion, where a visit to the Market House Visitor Centre is a must for refreshments and more information on discovering the Geopark. Detailed maps of the Cavan Way can be found in the Market House Visitor Centre.

**Grade *Strenuous*** - The Cavan Way is a long distance route and should not be undertaken without adequate preparation

**Nearby attractions:** Cavan Burren Park; The Shannon Pot; Moneygashel Cashel; Marble Arch Caves Visitor Centre; Florence Court House.

**Nearby walks:** Sean Eamon Ruairi Trail **09**; Gowlan Loops **15**; Blacklion Village Trail **14**.





# CAVAN BURREN PARK, BLACKLION

**Distance** 1.3km-2.9km

[four trails: 10km in total]

**Terrain** Forest tracks, lake shore paths

**Grade** Moderate

**Time** 1 hour



**Start & finish:** Located approximately 5km from the village of Blacklion. Take the R206 from Blacklion for 1km. Turn left onto L1011/Cornagee road for 3km and left again at the entrance to the park.

Cavan Burren Park is one of Ireland's most beautiful megalithic landscapes. Walkers can choose from four trails of varying lengths with a combined distance of 10km. Stories of giants and moving glaciers come to life with every step you take in this breathtakingly beautiful prehistoric park. The 26km Cavan Way **01** and one of the Gowlan Loops **15** cuts through Cavan Burren Park.

Walkers will enjoy exploring the visitor centre in Cavan Burren. Information and other services are also available at Market House Visitor Centre in Blacklion.

## Trails:

1. The Calf House Dolmen multi-access trail [1.3km]
2. Tullygobbin Lough Trail [1.6km]
3. The Giant's Leap Trail [2.7km]
4. The Promontory Fort trail [2.9km]

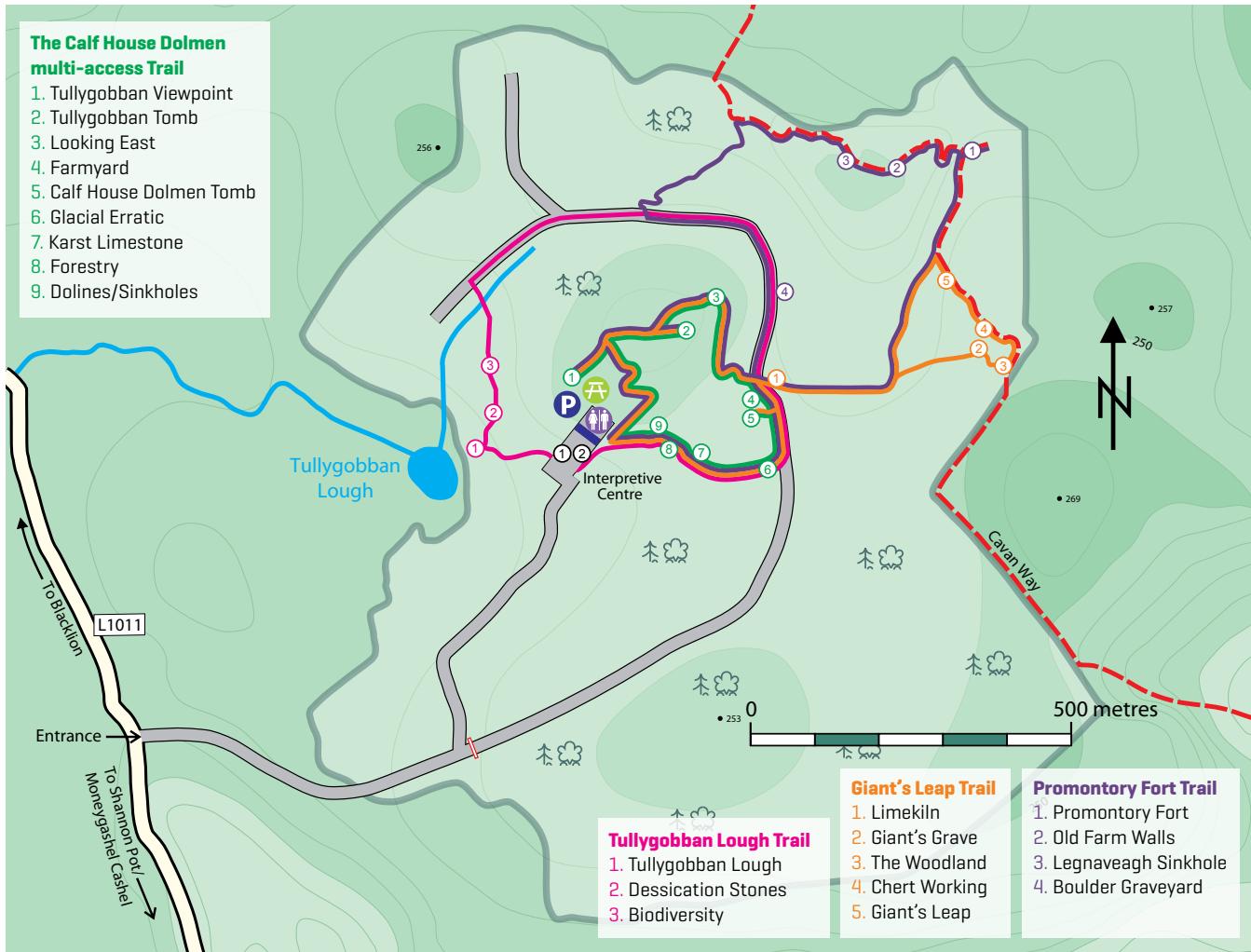
**Nearby attractions:** The Shannon Pot; Moneygashel Cashel; Whitefathers Cave; Marble Arch Caves Visitor Centre; Florence Court House.

**Nearby walks:** The Cavan Way **01**; Gowlan Loops **15**; Sean Eamon Ruairi Trail **09**; Blacklion Village Trail **14**.



### The Calf House Dolmen multi-access Trail

1. Tullygobban Viewpoint
2. Tullygobban Tomb
3. Looking East
4. Farmyard
5. Calf House Dolmen Tomb
6. Glacial Erratic
7. Karst Limestone
8. Forestry
9. Dolines/Sinkholes



# CASTLE LAKE, BAILIEBOROUGH

Part of the National  
Looped Walks Network

**Distance** 3.5km / 6.5km

**Time** 45 mins / 1hour 45 mins

**Terrain** Forest and lake shores on secure paths

**Grade** Easy



**Start & finish:** Located just outside Bailieborough on the Shercock Road (R178). Follow the path keeping the lake on your left. Further along there is a crossroads in the path. For the shorter walk, take a left and loop around the lake. For a longer walk (6.5K) continue straight on, looking out for the graves of the Marist brothers who once occupied Bailieborough Castle. Continue left, crossing a small river and reaching a t-junction. Take a right and cross the river towards an old foundry. Re-trace your steps, cross back over the river, this time going straight on towards the Bog Lough on your right. Turn left to head back towards Castle Lake, this time keeping the lake on your left. There is a fairy fort half way around the lake above the pump house. Follow the path back to the car park.

**Points of interest:** 1798 Rebel Hill Memorial; Sarah's Well; Marist Brothers Graves; Foundry.

**Nearby walks:** Lough an Leagh **10**; Dun an Rí Forest Park, Kingscourt **05**.





# KILLYKEEN FOREST PARK

**Distance** 0.5km or 4.6km

**Time** 15 mins to 2 hours

**Terrain** Forest park and lake shore on secure paths

**Grade** Easy to Moderate



**Start & finish:** Killykeen Forest Park is located in the heart of Irelands Hidden Heartlands between Killeshandra and Cavan Town. There are two entrances to Killykeen. Enter from Cavan town side on the R198 or from Killeshandra on the L1509. Killykeen is located approximately 13km from Cavan Town and 6.5km from Killeshandra. There are four marked trails and a family cycle trail in Killykeen.

Killykeen lies on the shores of Lough Oughter and is part of the River Erne system. Lough Oughter is renowned for coarse fishing. It is also home to a huge variety of water fowl and birds, especially mallard, tufted duck and in the winter, wigeon and pochard. Walkers and cyclists can exit the park on the Killeshandra side and follow the marked trail all the way to Killeshandra.

## Trails

Killeshandra – Killykeen 0.5 – 20 Km

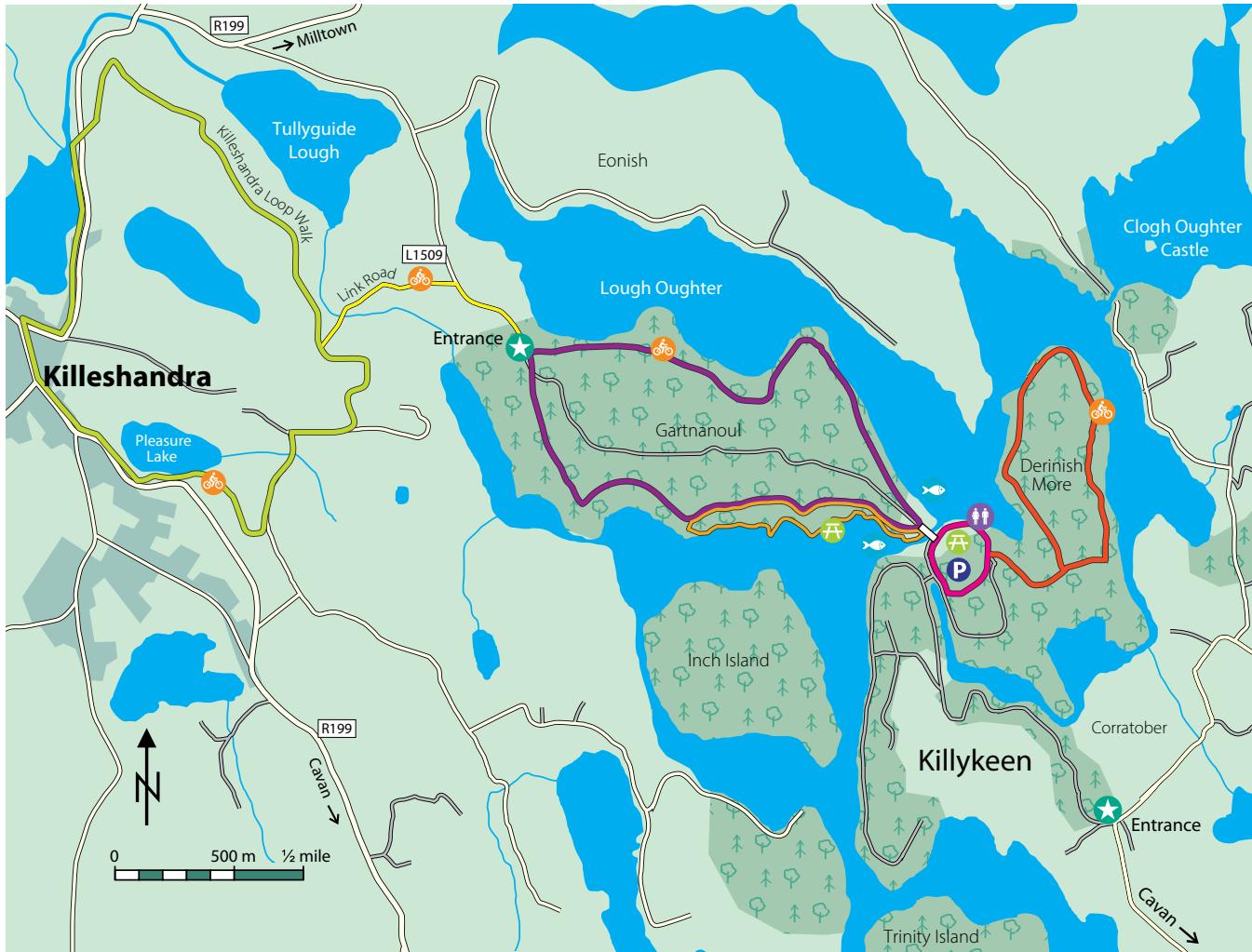
Access for all trail 0.5km

Gartanoul shore walk 2 Km

Gartanoul Loop trail 4.6 Km

Family cycle trail 3 Km





# DUN AN RÍ FOREST PARK, KINGSCOURT

**Distance** 0.6km – 2.3km  
[four trails – 5.5km in total]

**Time** Up to 1 Hour

**Terrain** Forest tracks, good footpaths and some steps  
**Grade** Easy to Moderate



**Start & finish:** Dun an Rí Forest Park is located 1.5km north of Kingscourt on the R179 Carrickmacross Road and forms part of what was once the Cabra estate. Legend has it that Cú Chulainn, the Gaelic warrior, rested here while fighting the armies of Queen Maeve of Connaught. There is a great biodiversity here including otters, pipistrelle and long-eared bats, fox, stoat and badger. Birdlife is varied and the flora is spectacular. Visit [www.coillteoutdoors.ie](http://www.coillteoutdoors.ie) for further details.

WALK  
05

*\*Car park costs €5 per day and is coin operated.*

**Access for All Trail** 0.6km

**Nature Trail** 1km

Located along the southern bank of the Cabra River.

**Village Walk** 1.5km

Skirts around the edge of Lady's Lake, past Cabra Cottage and the old Barracks.

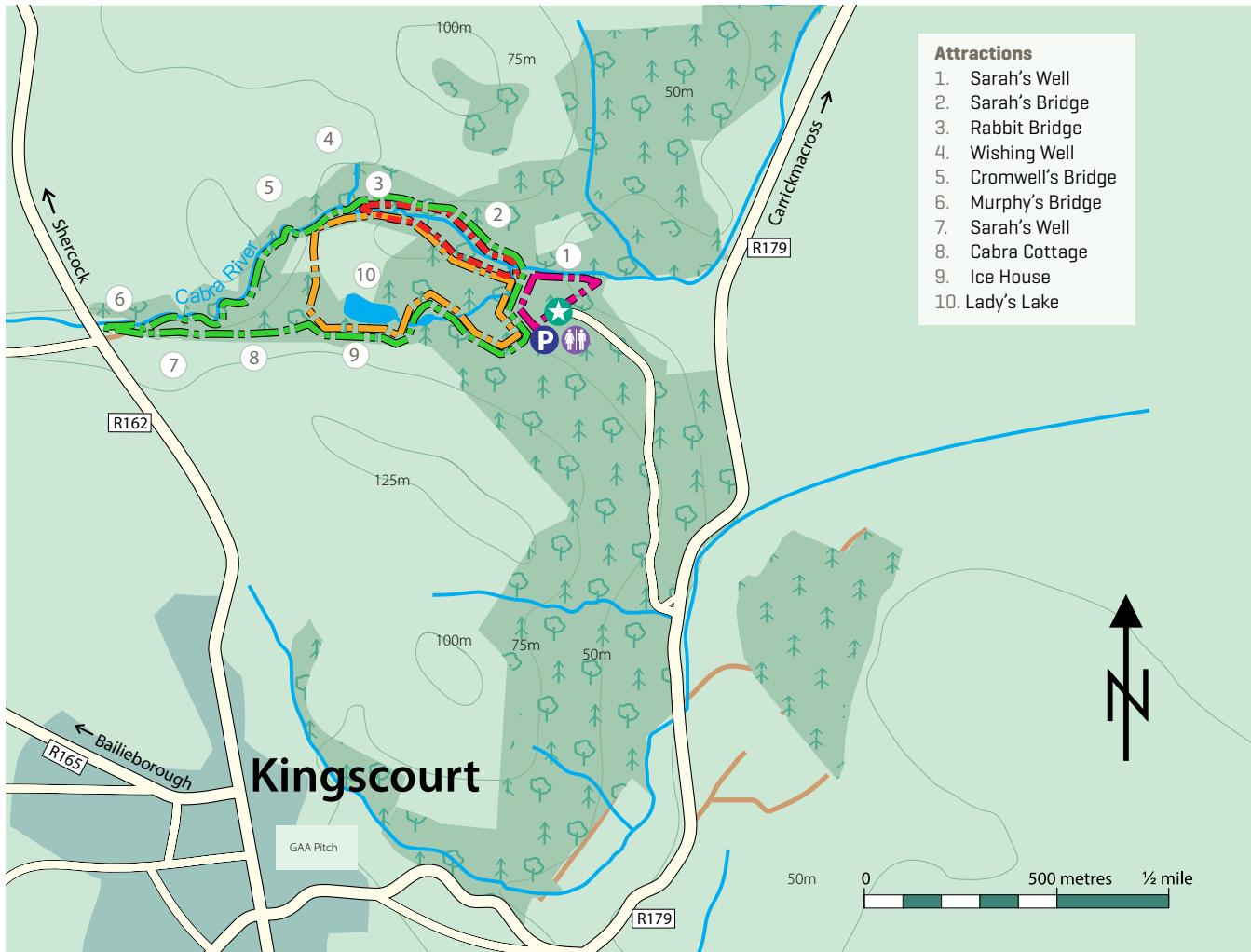
**River Walk** 2.3km

Runs along the Cabra River, then returning via the Lady's Lake with views of castle ruins and the icehouse.

**Points of interest:** Lady's Lake; Icehouse; Sculpture Trail; Cabra cottage; Rabbit Bridge; Fleming's Castle Ruins.

**Nearby walks:** Lough an Leagh Kingscourt **10**; Castle Lake, Bailieborough **03**.





# DEERPARK FOREST, VIRGINIA

A Slí na Sláinte Route

**Distance** 5.5km

**Time** Over an hour

**Terrain** Forest tracks and lake shore paths

**Grade** Easy



**Start & finish:** Start the walk at the car park beside Virginia Rugby Club on the Ballyjamesduff Road R194 just outside Virginia. This delightful woodland walk winds its way through Deerpark Forest over beautiful stone bridges, along the shores of Lough Ramor.

WALK  
06

## Trails:

Multi-Access Walk 1.1km

Golden Way Heritage trail 2.4km

Lough Ramor Loop 5.5km

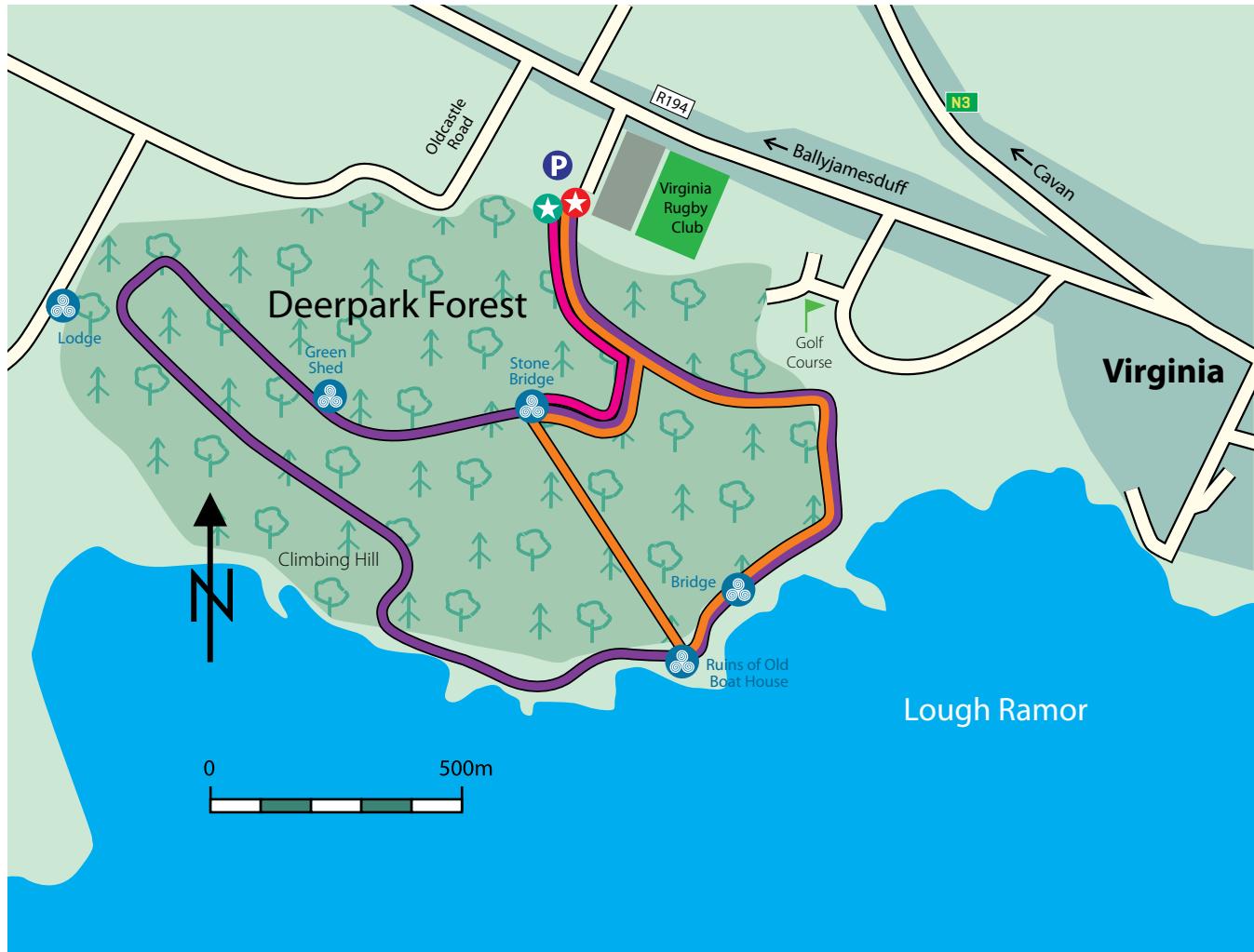
**Points of interest:** Lough Ramor; Old Boathouse; Gate Lodge.

**Nearby attractions:** Virginia Golf Course; Ramor Theatre, Virginia; Cavan County Museum and WW1 Trench Experience, Ballyjamesduff; Lough Crew,

Oldcastle; St. Kilian's Heritage Centre.

**Nearby walks:** Mullagh Hill Walk [12](#).





# KILLESHANDRA LAKE & FOREST WALK

Part of the National Looped Walks Network

**Distance** 6km

**Time** 1 hour 30 mins

**Terrain** Forest tracks and lake shore paths

**Grade** Moderate



**Start & finish:** The walk begins at Town Lake (known locally as the Strand) along the R201 Road outside Killeshandra. Walk along the lake shore for 500m then follow the raised path along the Belturbet Road. Cross the road carefully at the marked point, go through the stile and follow the trail into the forest.

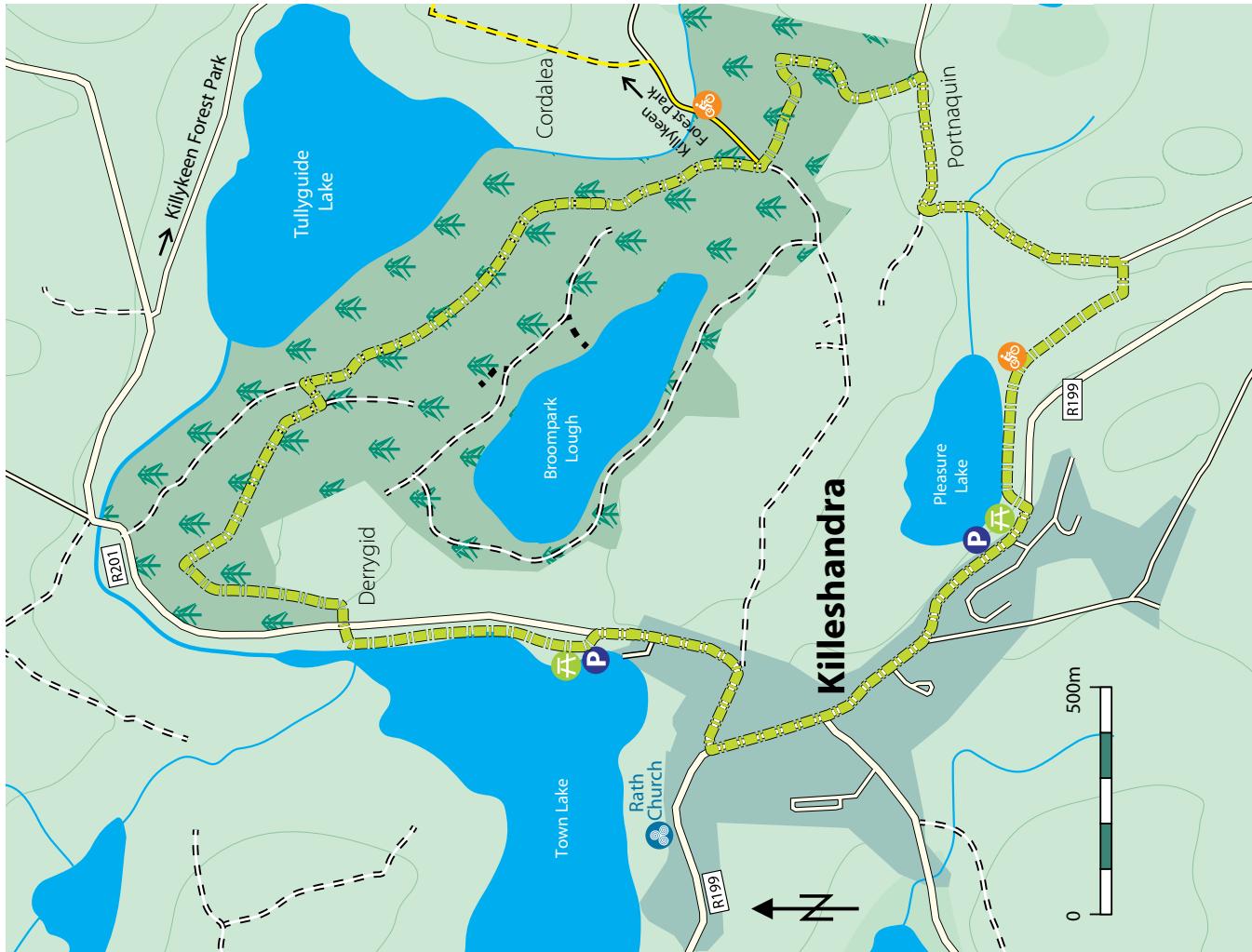
The forest is home to a diverse range of flora and fauna with walkers likely to see red squirrels, pine martins, blue damselfly. Follow the path between Broomspark and Tullyguide Lakes (1.5km) until reaching a crossroads. Continue straight on staying on the marked path or turn left for a longer trail to Killykeen Forest Park\*. Turn right at Portnaquin and left at the next junction. Take the next right across the field in front of Pleasure Lake to the picnic area. Turn right and head back to Killeshandra.

\*Cyclists should begin the trail from Killeshandra to Killykeen at the carpark at the Pleasure Lake (known locally as the Green Lake).

**Nearby attractions:** Killeshandra Rath Church; Cavan Adventure Centre; Drumlane Abbey, Milltown; Clough Oughter Castle.

**Nearby walks:** Turbet Island, Belturbet **16**; Killykeen Forest Park **04**; Woodford River Walk, Ballyconnell **08**.





# WOODFORD RIVER WALK, BALLYCONNELL

Part of the National Looped Walks Network

**Distance** 5km

**Time** 1 hour 20 mins

**Terrain** Canal/river path and forest tracks

**Grade** Easy



**Start & finish:** Park at the Shopping Centre car park at the bridge in Ballyconnell and cross the road to a small park. Walk along the river for 200m passing a footbridge. Continue on the path along the river. Eventually you emerge into the open countryside with the river on your left and open fields on your right.

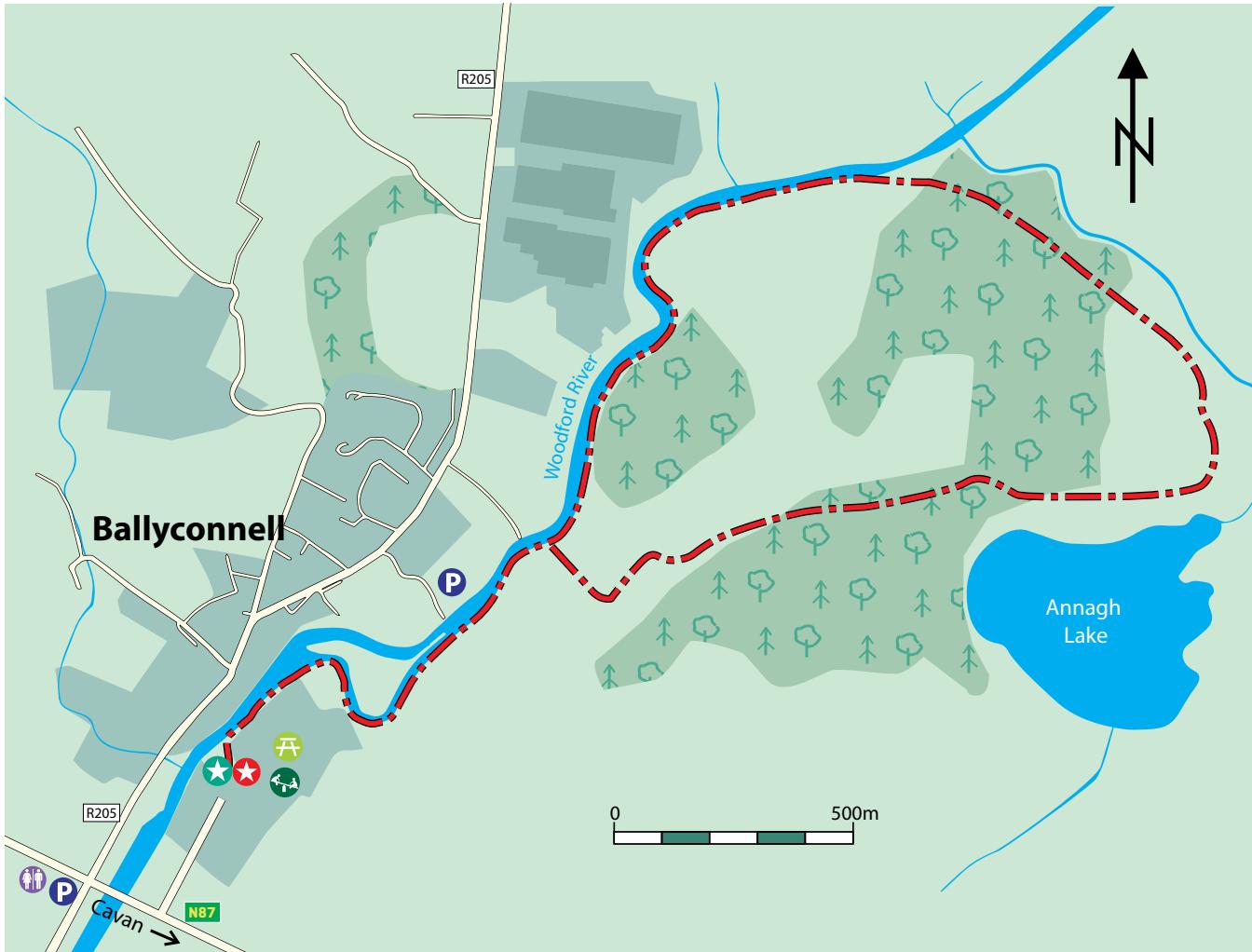
Continue walking along the bank until you approach Annagh Woods. Fork right and enjoy a circular walk through the forest. The forest is part of the old Ballyconnell Demesne with many native Irish tree species. At the fork in the path, go left and continue straight on along edge of the forest until you meet the footpath at the canal. Turn left for home. On the way back, if you wish, cross the footbridge over the river and into Ballyconnell. Otherwise continue straight along the river bank back towards the bridge and the Shopping Centre.

WALK  
08

**Nearby attractions:** Slieve Russell Championship Golf Course; Bear Essentials Visitor Centre; ODD Gamespark, Bawnboy; Cavan Burren Park; Marble Arch Caves Visitor Centre;

**Nearby Walks:** Turbet Island **16**; Hawkswood Trail, Swanlinbar **11**; Killykeen Forest Park **04**, Killeshandra Loop **07**.





# SEAN EAMON RUAIRÍ TRAIL, GLANGEVLIN

**Distance** 7km

**Time** 2.5 hours

**Terrain** Minor road and trackway

**Grade** Moderate



**Start & finish:** Start at St. Pat's Hall [Glan Hall], in Glangevlin, where parking is available. The Sean Eamon Ruairí Trail takes you through a preserved rural Irish landscape, past abandoned farmsteads into the uplands surrounding Glangevlin. The landscape was the home of Sean Eamon Ruairí, the last native Irish speaker in West Cavan.

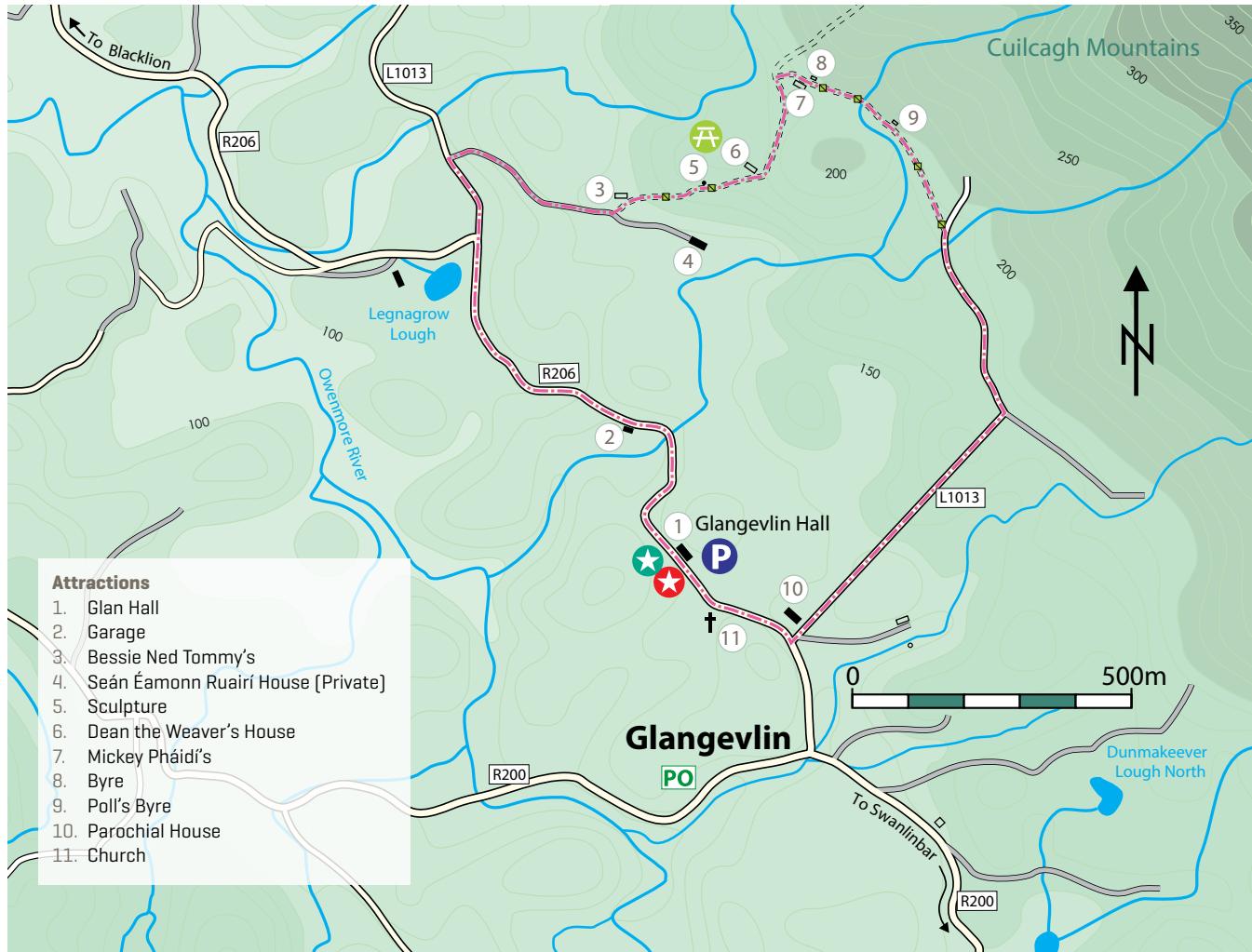
WALK  
09

Continue past the church, taking the first left by the parochial house heading towards Cuilcagh Mountain. Veer left towards the townlands of Eshveagh and Legglass. Cross a mountain stream past the sweathouse, an ancient form of sauna, and abandoned farmsteads. Head west past the Weavers House and sculpture memorial to Sean Eamon Ruairí. There are picnic benches and wonderful views. Sean Eamon Ruairí's former homestead is to the left and privately occupied. Join the old Blacklion/Glangevlin road. Turn left to head for home.

**Nearby attractions:** Shannon Pot; Moneygashel Cashel; Cavan Burren Park; Marble Arch Caves Visitor Centre.

**Nearby walks:** Cavan Burren Park [02](#); The Cavan Way [01](#); Gowlan Loops [15](#).





# LOUGH AN LEAGH, KINGSCOURT

**Distance** 4.8km

**Time** 1hr 30 mins

**Terrain** Mountain and forest paths

**Grade** Moderate



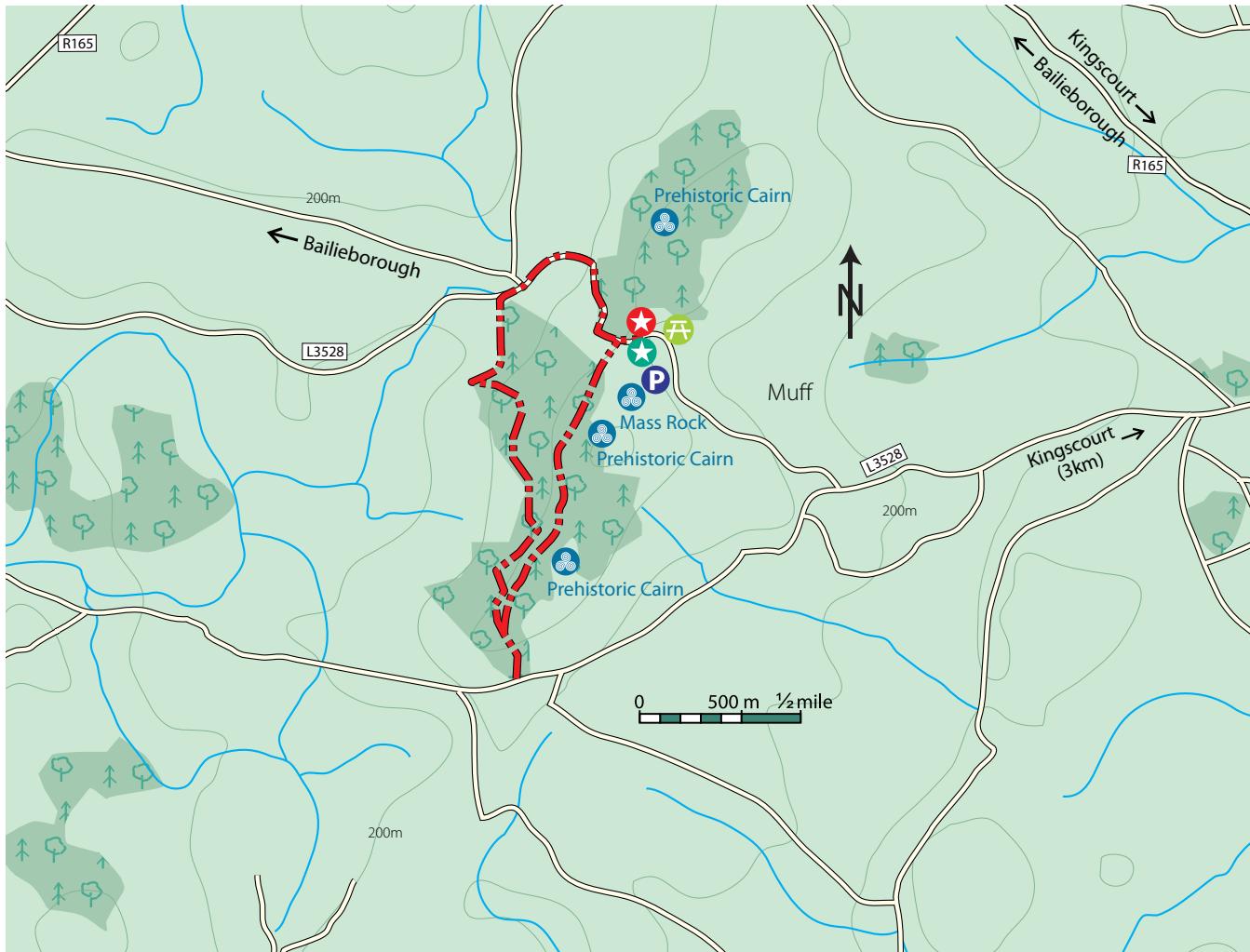
**Start & finish:** Follow signs to Lough an Leagh from the Bailieborough – Kingscourt Road (R165). The name Lough an Leagh is derived from the Irish 'Lough an Leighis' meaning 'Lake of the Cures'. Parking available at the top of the mountain near the picnic area and the mass rock. There is a fairy fort to the right of the mass rock affording spectacular views.

**WALK  
10**

Follow the Adrian's Way sign 100m down the main road from the Mass rock. Turn left, through the kissing gate, and on to the forested area. You'll see expanses of heather which are home to many insects and birds. On a clear day, Cuilcagh Mountain is visible. Turn left towards the mast and viewing point. From here it is possible to see the Irish Sea. Continue on the path through the forest, until it splits in three. Take a sharp right. After 1km, arrive at a public road. Turn right to return to the Mass Rock.

**Nearby walks:** Dun an Rí Forest Park, Kingscourt **05**; Castle Lake and Forest Walks, Bailieborough **03**.





# HAWKSWOOD TRAIL, SWANLINBAR

Part of the  
National Looped  
Walks Network

**Distance** 5km

**Time** 2 Hours

**Terrain** Uneven ground, trackways and field

**Grade** Moderate



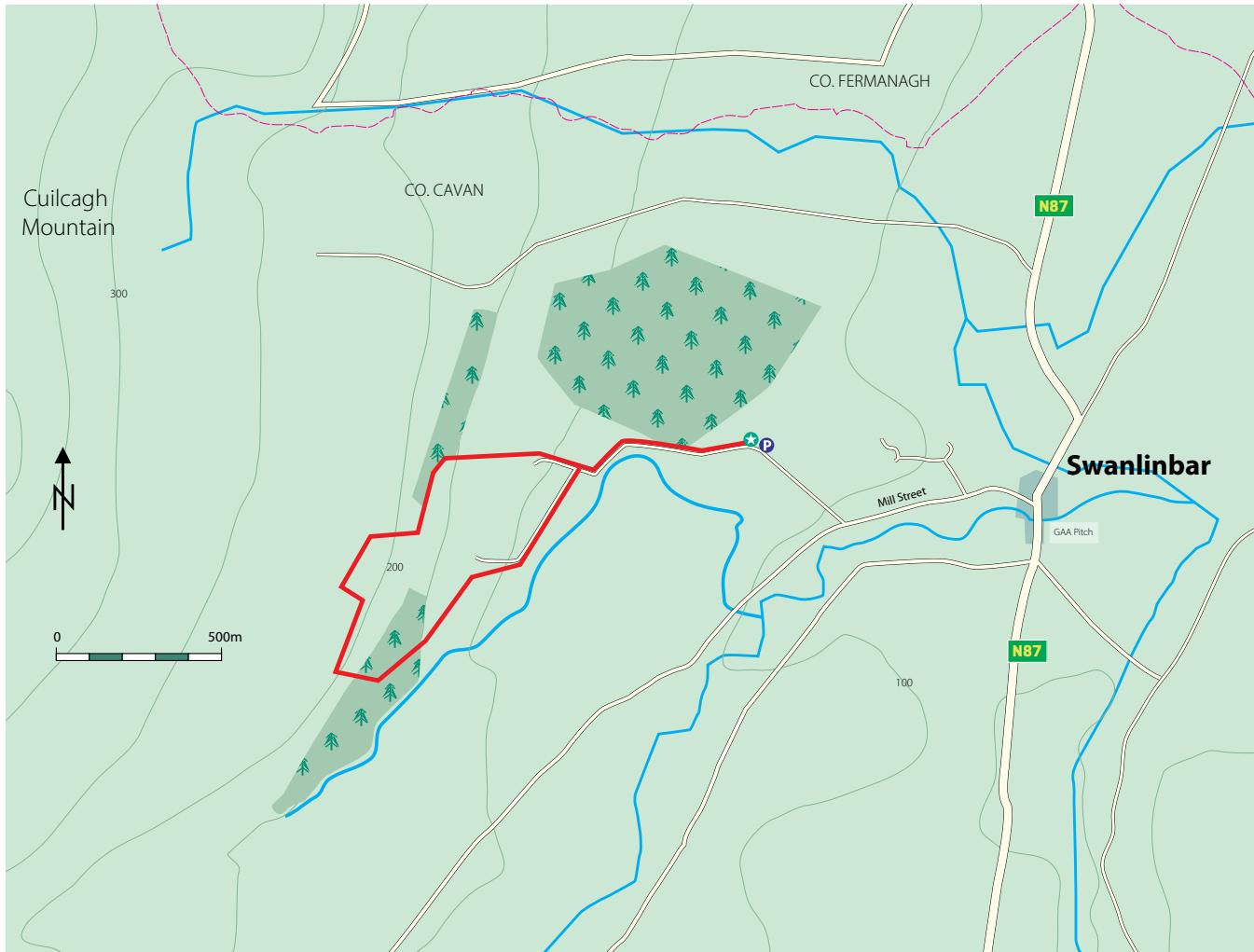
**Start & finish:** From Bawnboy [N87], take a left in the village of Swanlinbar onto the Glangevlin/ Blacklion Road [Mill Street]. After 0.5 km turn right up a small road. After 200m there is a small car park and picnic area on the right. Walk up a narrow lane which becomes a rough mountain path underfoot. There are stone walls on either side. The path veers left and into the forest along a steep path. The climb continues for 1km emerging at the top onto a flat field. There are fabulous views over the Bog and Cuilcagh Mountain. Turn right along the field passing a ruin on your left and a tree in the middle. It is thought that this was a fairy fort. Walk through the field, veering right and come down the hill. After 1.5km, there is a small path to your left. Turn here and follow the path back into Swanlinbar.

WALK  
11

**Nearby attractions:** Tullydermot Waterfalls & Viewpoint; Cavan Burren Park; Shannon Pot; Marble Arch Caves; Florencecourt House; Moneygashel Cashel; Jampa Ling Buddist Retreat.

**Nearby Walks:** Woodford River Walk, Ballyconnell **08**; Cavan Burren Park **02**; The Cavan Way **01**.





# MULLAGH HILL WALK

**Distance** 2km

**Time** 30 mins

**Terrain** Hillside walk on good paths

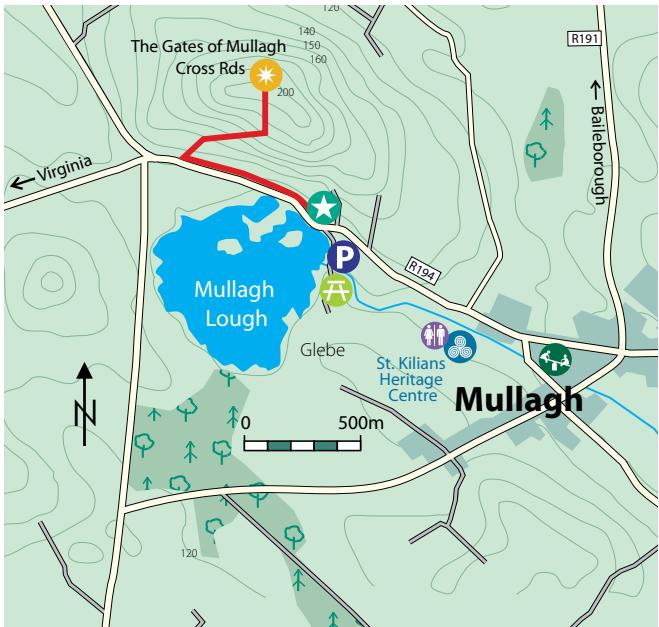
**Grade** Moderate



**Start & finish:** Begin your walk at Mullagh lake, on the R194 Virginia road, just outside Mullagh Village. Parking is available here. Take care as you walk along the main road towards Virginia for approximately 300 metres. There is a sign on the right pointing to a hill walk. There are picnic benches on the way up and panoramic views. Return to the car park along the same route, taking care when crossing the road.



**Nearby attractions:** St Kilian's Heritage Centre [cafe, tourist information available [here](#)].



# FLEMINGS FOLLY, BALLINAGH

**Distance** 2km

**Time** 30 mins

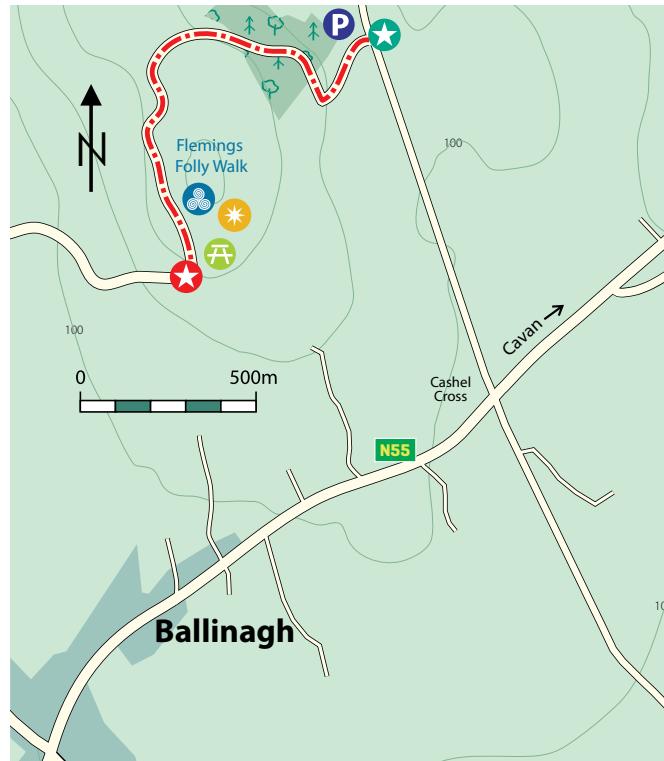
**Terrain** Forest track

**Grade** Easy - Moderate



**Start & finish:** Flemings Folly is located approx 1.5km outside Ballinagh, on the Cavan road (N55), signposted Cashel Cross / Flemings Folly. Follow this road for 0.5km. The entrance to the forest trail is on the left. Limited parking is available here. Walk from here up to Flemings Folly, a stone tower built on a hill with dramatic views over the countryside. On a clear day it is possible to see the three provinces. Return the way you came.

**Nearby Walks:** Killykeen Forest Park **04**; Killeshandra Lake & Forest Walk **07**.



# BLACKLION VILLAGE TRAIL

**Distance** 2km

**Time** 1 hour 30 mins

**Terrain** Public Footpaths and good paths

**Grade** Easy

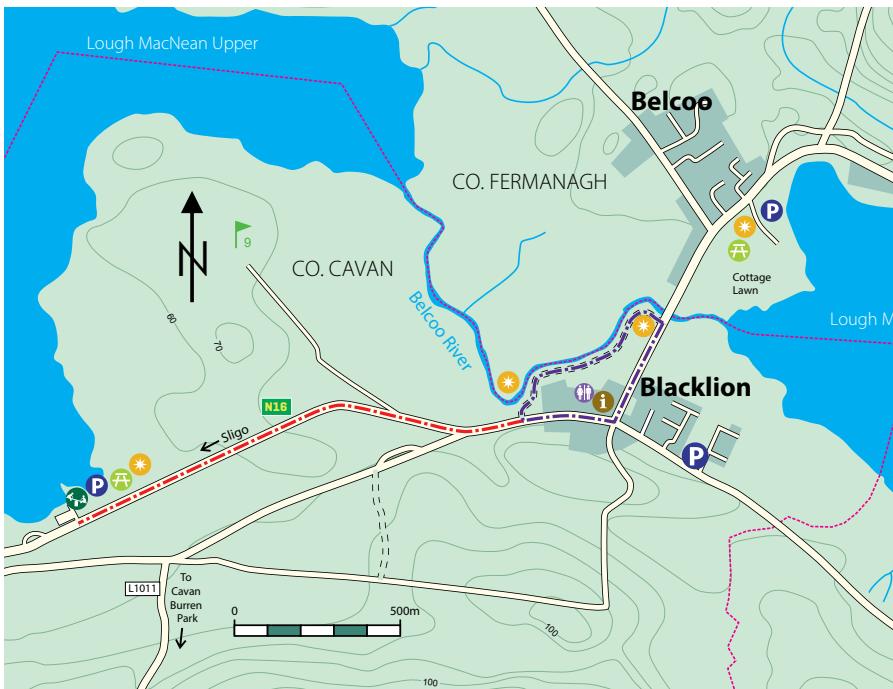


**Start & finish:** Blacklion Village is situated in the North West of County Cavan at the foot of Cuilcagh Mountain. Visit the Market House Visitor Centre in Blacklion for further information on the trail and surrounding area.

**WALK  
14**

**Nearby attractions:** Cavan Burren Park; The Shannon Pot; Marble Arch Caves Visitor Centre; Florence Court House

**Nearby walks:** Cavan Burren Park **02**; The Cavan Way **01**; Gowlan Loops **15**; Sean Eamonn Ruairi Trail **09**.



# GOWLAN LOOPS, WEST CAVAN

The Gowlan Looped Walks all branch off from the Cavan Way **01**. Part of the Marble Arch Caves Global Geopark, West Cavan is famous for stunning natural landscapes and cultural heritage. There are three looped walks in and around the townland of Gowlan.

## a) MONEYGASHEL LOOP (RED)



**Distance** 2.3km

**Terrain** Minor road, farm track and open countryside

**Time** 1 hour 20 mins

**Grade** Easy

**Start & finish:** This short looped walk takes you through the adjacent townland of Moneygashel, which translated from Irish, means 'scrubland of the cashel'. The highlight of the walk is the wonderfully preserved cashel itself, but there are numerous other sites to see along the way including evidence of the last Ice Age, abandoned farmsteads, megalithic tombs, and a sweathouse.



WALK  
**15**

## b] GARVAGH LOUGH LOOP (PINK)

**Distance** 5.5km

**Time** 1 hour 30 mins

**Terrain** Minor roads

**Grade** Moderate

WALK  
15

**Start & finish:** The scenic looped walk around Garvagh Lough completely encircles this tranquil lake. Located on limestone bedrock, the lake itself is a rarity in these types of landscape. Other sites of interest along the way include megalithic tombs, abandoned farmsteads, and wonderful views of the nearby Cuilcagh Mountain.



## c] LEGEELAN LOOP (PURPLE)

**Distance** 5.6km

**Time** 1 hour 30 mins

**Terrain** Minor road, farm track and open countryside

**Grade** Moderate

**Start & finish:** The most challenging of these looped walks is arguably the most rewarding as it takes you through rugged limestone grasslands along the Cavan Way **01** and offers spectacular views over the West Cavan countryside. However, the real highlight

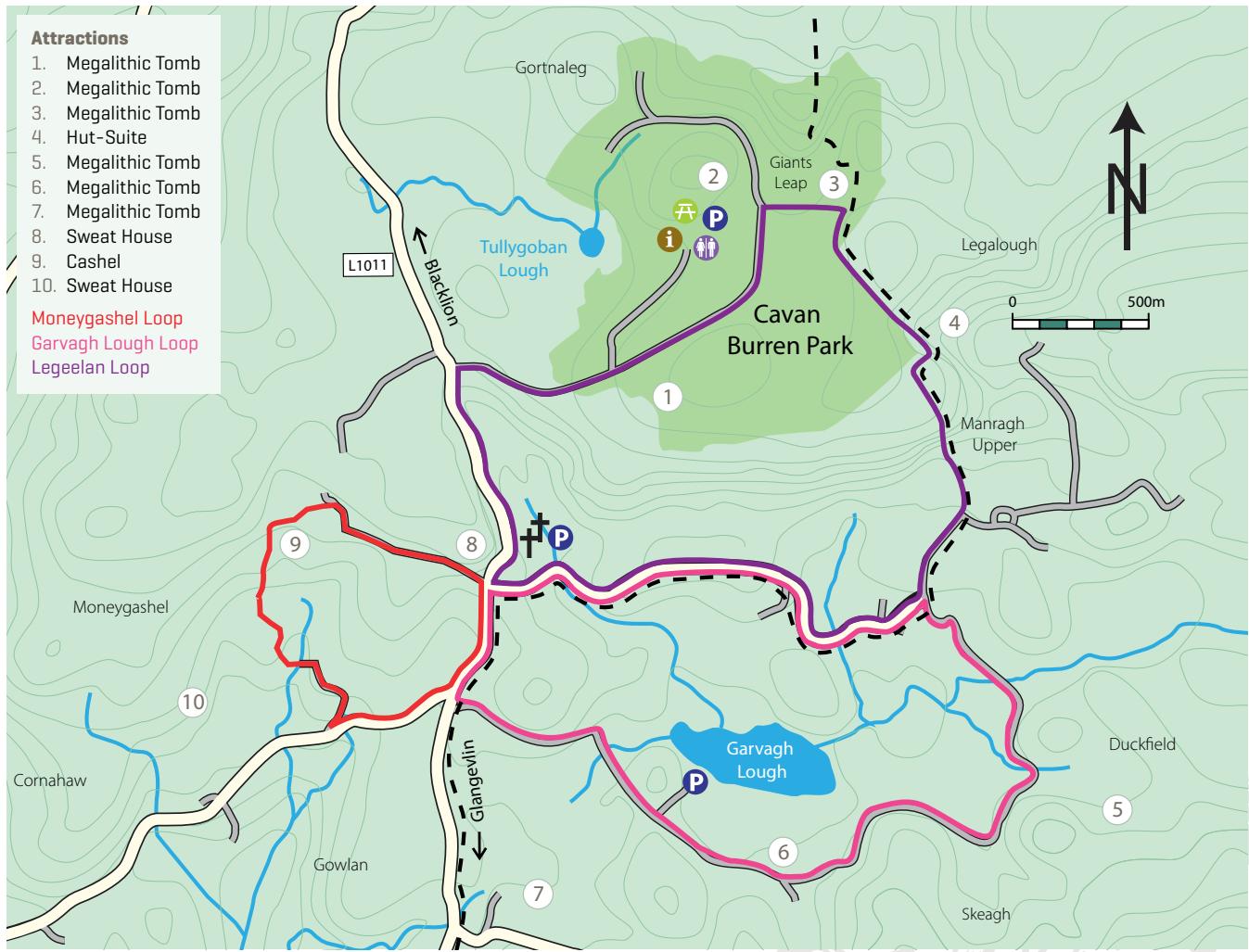
of the walk is Cavan Burren Park **02** one of the finest relict landscapes in Ireland and home to over 200 different archaeological monuments as well as many fascinating geological features.



### Attractions

1. Megalithic Tomb
2. Megalithic Tomb
3. Megalithic Tomb
4. Hut-Suite
5. Megalithic Tomb
6. Megalithic Tomb
7. Megalithic Tomb
8. Sweat House
9. Cashel
10. Sweat House

Moneygashel Loop  
Garvagh Lough Loop  
Legeelan Loop



# TURBET ISLAND, BELTURBET (RED)

Distance 1.6km

Time 40 mins

Terrain Good paths

Grade Easy



WALK  
16

**Start & finish:** The name Belturbet, comes from the Gaelic words beal [mouth] and Tairbeart [isthmus or peninsula]. Translated literally, Belturbet is the mouth of the peninsula. Turbet Island, beside Kilconny Bridge [car parking here] on Bridge Street is the mouth of the peninsula. Walkers will enjoy a quiet, natural, accessible trail along the River, from the carpark, past a Motte and Bailey, on to the Railway Bridge and back to the car park or on into town if you wish.

The first ever remnants in Europe of the prehistoric Woolly Mammoth were found on Turbet Island and are housed in the Natural History Museum in Dublin.

**Nearby attractions:** Cavan Adventure Centre; Drumlane Abbey; Cavan Burren Park.

**Nearby Walks:** Belturbet Heritage Trail **17**; Woodford River Walk, Ballyconnell **08**; Killeshandra Lake & Forest Walk **07**.

## BELTURBET HERITAGE TRAIL (PURPLE)

Distance 1.6km

Time 50 mins

Terrain Footpath

Grade Easy

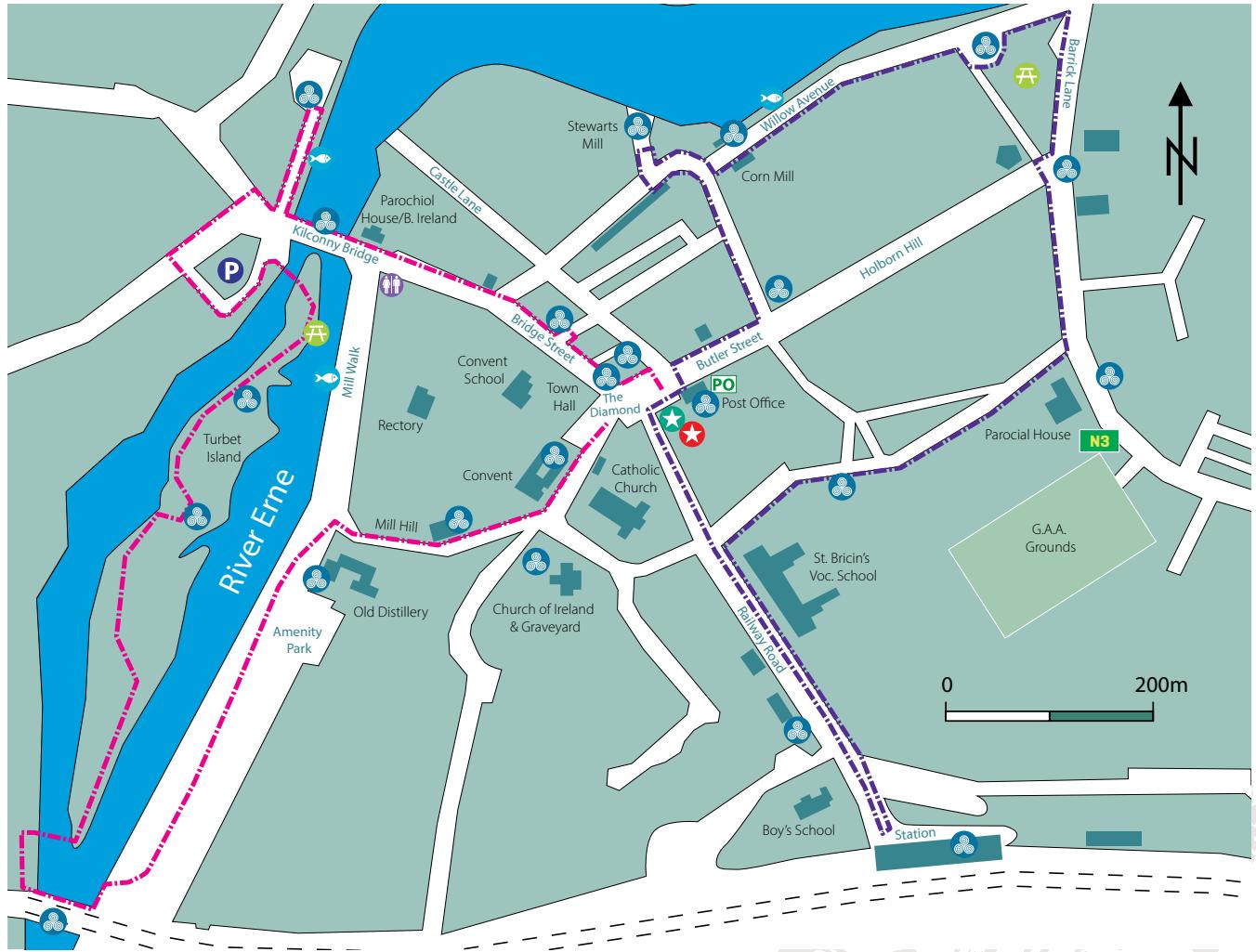


WALK  
17

**Start & finish:** Strategically placed on the River Erne and steeped in history, there are many interesting things to see along the heritage trail. The trail begins in the centre of the town, known as the Diamond, across from the historic Town Hall.

**Features:** Turbet Island Motte & Bailey; The Town Hall; Belturbet Heritage Railway Station; Kilconny Quay.





# CASTLE SAUNDERSON, BELTURBET

**Distance** 0.5km

**Time** 15 mins

**Terrain** Good paths

**Grade** Easy

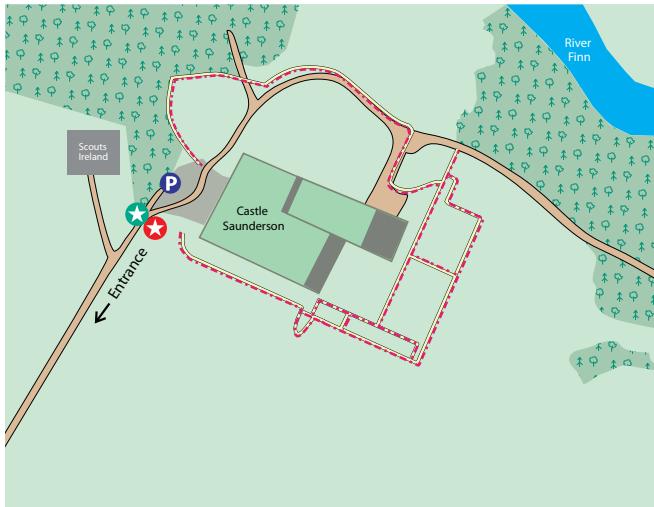


**Start & finish:** Castle Saunderson is located on the Cavan – Clones road (N54) approximately 18km north of Cavan Town and 7km east of Belturbet. Drive the 1.5km into the estate and follow the signs for the castle walk. Parking is available adjacent to the castle. Castle Saunderson Demesne is also home to Scouting Ireland who has a large scouting centre on the estate which you will see on your left when approaching the castle. Follow the short loop around the castle, taking time to read the panels on the fascinating history of this historic building.



**Nearby attractions:** Cavan Adventure Centre, Butlersbridge; Belturbet Heritage Railway Station.

**Nearby Walks:** Turbet Island, Belturbet **16**; Belturbet Heritage Trail **17**; Woodford River Walk, Ballyconnell **08**.



# CAVAN TOWN HERITAGE TRAIL

**Time** 1 hour 30 mins

**Grade** Easy

**Terrain** Public footpaths and good paths



**Start & finish:** Cavan town was the first Gaelic Medieval town in Ireland. Start at the courthouse in Cavan town and follow the panels, using the QR Codes on panels on the way for further information or visit [www.cavanwalkinghistory.ie](http://www.cavanwalkinghistory.ie)

**Features:** St. Marys Abbey; The Cathedral of SS. Patrick & Felim; Percy French's House; Town Hall Cavan; Con Smith Park.

**Nearby walks:** Killykeen Forest Park **04**; Castle Saunderson **18**.



WALK  
**19**

# COOTEHILL HERITAGE TOWN TRAIL

**Distance** 2.2km

**Time** 40 mins

**Terrain** Public footpaths and good paths

**Grade** Easy



**Start & finish:** Cootehill is a fine example of an 18th century Ulster linen market town. Cootehill takes its name from the Coote family who acquired a large estate here after the Cromwellian wars. The heritage trail begins at the courthouse on Market Street and takes you along the town with maps, information panels and plaques outlining further information on key sites.

**WALK  
20**

**Features:** Courthouse; Church of Ireland; St. Michael's Church; Birthplace of Mary Ann Sadlier.

